



Cullen

Community & Residential Centre

APRIL/MAY
2019

NEWSLETTER

Cullen Youth Club

DO YOU WANT A PLACE WHERE YOU CAN

Trial run:

Thursday 28 March
Monday 1 April
Thursday 11 April
Wednesday 17 April

Chill with friends

Listen to music

Make crafts

Take part in sports

Share your ideas

And much more?

5-8 year olds, 6-7pm

9 years up, 7.30-8.30pm

Adults and older teenagers needed to help. Email: info@cullen crc.org.uk

£2

THEN LOOK NO FURTHER!

Come and give it a try at the Community Centre!
Forms available from Cullen Ice Cream Shop

In the AB56 postal area there are 160 registered veterans. That is 10% above average. In addition to those we expect there will be very many others such as those who did National Service still living in the area.

TEA AND MEDALS
VETERANS BRUNCH

SUNDAY 31 MARCH 2019
1200 – 1430 HOURS
CULLEN COMMUNITY AND RESIDENTIAL CENTRE

Blether, banter, brunch!

Cullen Community Centre, Unforgotten Forces and Armed Forces Covenant Project, Moray bring you the first Cullen Veterans' Brunch; a gathering for local veterans, national servicemen and their families.

What could be better?
This first event is free with entertainment from Unforgotten Forces partner, Music in Hospitals and Care Scotland.

We look forward to meeting you.

A Veterans' Brunch will be held monthly at the Centre with the first one taking place on on 31st March from 12.00 until 2.30PM.

The Men's Group who are refurbishing the workshop at the back of the centre already has six veteran members. Our aim is to form an integrated community/veterans group which will have access to the shed for creative activities, friendship and support in a safe and creative environment, developing skills and relationships and building self-esteem. The veterans will also be able to use residential accommodation for health and wellbeing courses and activities.

TOILET TALK



The Friends of Cullen Group have been hard at work getting the Beach Toilets ready for opening for the Easter school holidays. We have a great band of tradespeople, handy men, consultants, surveyors, entrepreneurs and administrators who are working together as part of the team.



Volunteers have been cleaning, painting, building door frames, designing stickers and artwork, organising supplies of loo roll and soap, creating cleaning rotas and trying to keep funds coming in to allow it all to happen. The next challenge is to open the Square Toilets in time for the Easter weekend.



We have so far raised around £2500 from the generosity of local residents and businesses as well as neighbouring communities and visitors to Cullen. We have made donation boxes to accept donations from visitors who use the toilets. We are also applying for funding from various places.



This is a big undertaking for our little community but the toilets are vital to Cullen's residents, businesses and the visitors who help to make Cullen such a vibrant bustling place in the summer months.



IF YOU CAN GIVE SOME OF YOUR TIME AND ENERGY, PLEASE GET IN TOUCH. We still need people who we can call on for opening and closing the toilets, regular cleaning and monthly deep cleaning. Email any time, info@cullencrc.org.uk.



Donations can be made via our website www.cullencrc.org.uk/community. Small cash donations can also be made to the Cullen Ice Cream Shop. Also donate by bank transfer to sort code 80-22-60 and account number 17659068. Cheques made out to Three Kings Cullen Association can be dropped off at the community centre, Cullen Ice Cream Shop or Mackay's Mini Mart.

THANK YOU!!!

What's coming up?

The monthly **Drop-In** will take place on **Saturday 6th April from 10am-12noon**. Come and meet up for a cuppa in a friendly, informal setting. Everyone welcome.

Spring Craft Fair

Sat 20th April
11am-3pm

A wide range of local crafts will be available to view and buy and you can also try your hand at some of the crafts on offer, such as quilling, zentangle and more. Taster sessions are free so why not come along and let your creative talents shine?



Quilling



Zentangle



Kimberley Moffat will be running the new yoga classes which start on 13th April



Saturday morning Yoga

Classes start 13th April at 10am.
£6 a session or 6 sessions for £30.

"I teach a vinyasa flow class, flowing through the physical postures while also focusing on philosophy, meditation, pranayama breath control and the yogic personal and social code of ethics. Sequences range from gentle restorative to dynamic. The practice of yoga is intended to be joyful and to lighten the heart and mind by calming and energising."

Kimberley has also recently completed her training as Children's Yoga Instructor

The Centre hosts a wide range of classes and clubs, from patchwork to badminton to African drumming to knitting to art to dancing of all kinds, to short tennis, to mums and toddlers to dog obedience classes and much, much more. Check out our website for more details or contact the Centre.

www.cullencrc.org.uk

CULLEN MEN'S SHED

In March, the recently formed Cullen Men's Shed welcomed Jason Schroeder, founder of the Men's Sheds movement in Scotland and Archie Peebles from the Inverurie Shed. They gave an informative description of the roles and function of the groups, and were so inspirational that the reassembled group that attended agreed to take the step of forming a committee with trustees to become a charity in their own right.

The health and social benefits were explained at length by Jason and now the Cullen group hopes to encourage many more men to join, and to bring along their ideas for what they would like. All ages are welcome from 18 upwards.



**The Men's Shed meets
at Cullen Community
Centre on Wednesday
nights at 7pm.**

Calling all Cullen young people

We need your ideas and energy. Why not volunteer for an hour or so a week at the Centre? Great for working towards your Duke of Edinburgh Awards or Queen's Badges and an excellent thing to add to your CV to make you stand out from the crowd. Please email us if you are interested.

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Membership forms are available on our website and at the Centre.

www.cullencrc.org.uk

Charity number SC048529